

OTAGO Exercise **Fall** **Prevention** Program

Phase 1: Getting Started

- Sign up
- Quick phone screening
- Enrollment

Phase 2: In-Home Program

- In-home evaluation
- Learn Otago exercise program
- Perform 3x week on your own

Phase 3: Staying Active

- Continue exercises on your own
- Follow-up support as needed
- Program wrap-up (discharge)

The **Otago Exercise Program** is an **evidence-based intervention** proven to reduce falls among older adults.

It combines strengthening exercises, balance retraining, and walking activities to improve mobility, stability and overall confidence.

Who **needs** it?

This program is recommended for **adults 65 years and older** who:

- Feel unsteady when standing or walking
- Have fallen in the past year
- Worry about falling

Falls are
Preventable...
Let's Work
Together!

Contact Us

If you or someone you know may benefit from OTAGO, please contact us by phone or email.

503-846-3060

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In partnership with:



Department of
Health and Human Services
Disability, Aging and Veteran Services